

MOTION BY SUPERVISOR ZEV YAROSLAVSKY

April 24, 2012

The Countywide Fitness Challenge is continuing to make inroads in the battle for a healthier County of Los Angeles workforce. In 2011, attendance at planned fitness events increased by 8.4 percent over 2010, with nearly 3,500 employees and their families attending fitness events at eight different venues. Participation in the 2011 Countywide “Biggest Loser” contests increased 5.7 percent over 2010, with 6,806 participants losing a collective 12.6 tons. In addition, the 2010 Countywide Fitness Challenge garnered three major awards in 2011, including the International Public Management Association for Human Resources, Western Region “Agency Award for Excellence,” the International Public Management Association for Human Resources, International “Agency Award for Excellence,” and a Productivity and Quality Top Ten Award.

This year, the 2012 Countywide Fitness Challenge will focus on a strategy to increase physical activity, improve healthy eating behaviors, and increase participation in health screenings. More fitness events and activities, including biometric screenings and some exciting new venues, are planned for employees and their families. The Countywide Fitness Challenge will cover a six-month period beginning in May and will include a “Biggest Loser” contest, a bicycle fun ride, a paddle boat rally, biometric screenings, farmers’ market events, fitness walks, healthy cooking and juicing demonstrations, nature and wilderness hikes, and a softball scrimmage.

MOTION

MOLINA _____

RIDLEY-THOMAS _____

KNABE _____

ANTONOVICH _____

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As in the past, the Department of Human Resources will collaborate with many partners including the Departments of Parks and Recreation and Beaches and Harbors, County-sponsored health plans, the American Cancer Society, the American Diabetes Association, the American Heart Association, the Coalition of County Unions, and SEIU Local 721.

I, THEREFORE, MOVE that the Board:

1. Proclaim May 2012 as “Wellness Month” in the County of Los Angeles and launch the “Countywide Fitness Challenge” campaign for all employees and their families, and encourage Department Heads and Wellness Managers to support and market the program to their employees and strive for 100 percent participation;
2. Encourage all employees to support and attend the May 15, 2012 Kick-Off event at the Music Center – Performing Arts Center of Los Angeles County and/or the May 19, 2012 activity Kick-Off event at Frank G. Bonelli Regional Park in San Dimas;
3. Waive the \$750 facilities fee and parking fees in the amount of \$2,000 for 100 cars in the Music Center Garage (parking lot 14) for the participants of the Kick-Off event on May 15, 2012; \$500 facilities fee and parking fees in the amount \$3,000 for 300 cars at Frank G. Bonelli Regional Park on May 19, 2012; \$1,715 facilities fee and parking fees in the amount of \$3,000 for 300 cars at Santa Fe Dam Recreation Area on June 16, 2012; \$1,015 facilities fee and parking fees in the amount of \$1,800 for 300 cars at Kenneth Hahn State Recreation Area on September 15, 2012; and \$410 facilities fee and parking fees in the amount of \$3,000 for 300 cars at Burton Chace Park on September 29, 2012.

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